

WARRIOR DOWN

A Relapse Prevention and Recovery Support Program for Native Americans



CALIFORNIA RURAL INDIAN HEALTH BOARD, INC.

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Registration Deadline is 1/7/08. Attendees *must* pre-register.

No walk-ins



FREE three-day training!

Warrior Down

January 21-23, 2009

8:00 am-5:00 pm

Holiday Inn

5321 Date Avenue

Sacramento, CA 95841

*Up to 21 CEH for Alcohol / Drug Abuse Counselors
(CADAC) #5-03-035-1009 and (IACC) #NBT 365-0005
will be offered.*

All participants are on their own for lodging, food, and travel. A block of rooms have been reserved for this conference.

To make your hotel reservation call (916) 338-5800

Holiday Inn Sacramento Northeast

5321 Date Ave.

Sacramento, CA

95821

www.sacnortheast.com

The Warrior Down Program is designed to assist Native Americans already in recovery, those re-entering the community after treatment for alcohol or substance abuse, mental disorders or after incarceration, and working on their recovery journey using traditional method or 12 Step methods and who wish to provide support to others experiencing the same issues.

This program, developed by Wellbriety For Prisons

www.wellbrietyforprisons.org



Fax Registration Form to (916) 929-7246 or Email to Jennifer.Parsons@crihb.net

NAME: _____ **TITLE:** _____

PROGRAM: _____ **EMAIL:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: _____ **FAX:** _____

This training is made possible by the Recovery/Treatment Technical Assistance and Training for Native Americans in California contract funded through the State Department of Alcohol and Drugs



Warrior Down

A Relapse Prevention and Recovery Support Program for Native Americans



Purpose: Provide a relapse prevention and recovery support program for Native Americans who are completing treatment, returning to the community from incarceration, or who have been working on their recovery journey using traditional method or 12 Step methods and who wish to provide support to others experiencing the same issues.

What is Warrior Down?

Warrior Down is the cry used to signify that a warrior has been wounded or incapacitated in some way and needs help. The Warrior Down program creates the response team that provides the support and finds the resources to get that warrior back into their recovery process. This is a peer to peer program that is designed to equip Native Americans in recovery to provide recovery support and community referrals for others in recovery.

Why is Warrior Down Important?

Recovery is not just staying sober. It is a way of experiencing life through new eyes, new thoughts, and a new spirit. Re-establishing one's life following treatment for alcohol or substance abuse, or following incarceration requires a community effort. Without the support of a knowledgeable family and community, many who try return to healthy, productive lives find themselves frustrated by the need for job, training, education, housing, transportation, mental health care or medical support, social services, spiritual and cultural support or connections with others who value sobriety and healthy life ways.

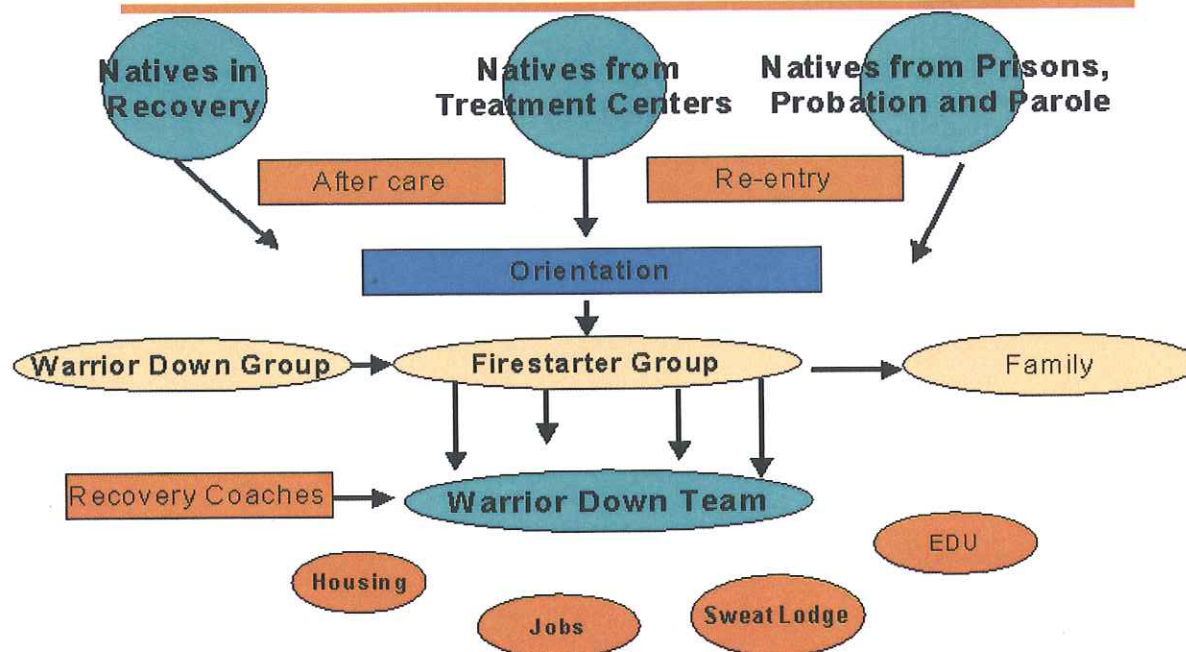
Cultural and Spiritual Support for Recovery and Re-Entry

For many Native American people the path to healing is found through traditional cultural and spiritual practices. Healing processes might include talking circles, healing circles and traditional ceremonies. Ceremonial activities have a distinctly spiritual focus, and the incorporation of intergenerational activities that include both elders and children in the healing process are essential for the well-being of men and women in Native communities. The teachings of the Elders and the Clan Mothers provide wisdom and guidance. The spiritual practices provide pathways to meaning and purpose in life, and the cultural activities create a social and emotional foundation for reconnecting and reestablishing a sense of belonging and identity. In addition, for those who have come to understand and who have learned to live a joyfilled life of recovery have a strong desire to share what they have learned and provide support for those who continue to struggle. Culturally appropriate aftercare and re-entry programs provide opportunities for Native Americans to reconnect to their communities and to create a healthy life that reflects a balance emotionally, mentally, physically, and spiritually. We call this a life of Wellbriety. The Warrior Down program is one of the resources that can be used to assist those reentering the community from treatment or incarceration to achieve Wellbriety.





Warrior Down



Who Participates in Warrior Down?

The Warrior Down Program is designed to assist Native Americans already in recovery, those re-entering the community after treatment for alcohol or substance abuse, mental disorders or after incarceration. The Warrior Down program reaches out to those community service, social and family service and law enforcement agencies who provide service to support Native Americans who are re-connecting with family and community after treatment or incarceration. Half way houses, work release centers, and other community after-care organizations are also included in the outreach. It is important to let Native Americans in recovery know that there is a culturally responsive recovery support system available for them in their community.

How Does Warrior Down Work?

Orientations for new participants occur on a regular basis. At the orientation the individual will learn about the variety of services and support available to help with their recovery journey and re-entry process. Some of these include: the Four Laws of Change; cultural and spiritual practices used to help prevent relapse including talking circles and participation in sweat lodge experiences; educational experiences that promote personal growth, decision making, healing family and interpersonal relationships, and learning to apply Native American teachings and principles to personal recovery efforts. Participants will also learn about the referral resources and the role of the recovery coaches and the Warrior Down Team. Once the Orientation is complete the members of the Warrior Down Group are scheduled to participate in the Firestarter Training.

The Four Laws of Change

*These laws were given to White Bison
by Native American Elders.*

1. Change comes from within.
2. In order for development to occur,
it must be preceded by a vision.
3. A great learning must occur.
4. You must create a healing forest.

